

Read Garefully--Get a Bottle from your Druggist and be Convinced.

The Great Virginia Vegetable Alterative, Blood Purifier and Renovator of the Human System has been used Successfully in the following Diseases, as Certificates will Attest:

Liver Complaint, Jaundice and Bilious Derangements; In Mercurial Blood Poison, Scrofulous and Eruptive Diseases, Costivenes Indigestion, Flatulence, Periodical Sick Headache, and Female Complaints.

Derangement of the Liver.

A Great Medicine.

benefits from "Nolandin

A Family Medicine.

Having suffered for several years v

tor I have ever used; and it can also be taken with much efficacy by delicate

e years with the Chronic Liver Cout at, Diarrhora and Dyspepsia, and I loss of strength, energy and arend

Liver Invigorator. RICHMOND, VA

of "Nolandine" a: effects so often following F. H. ALFRIEND.

Varicose Veins.

FOR SALE BY ALL DRUGGISTS.

take them are not strong enough to endure their effects. Nobody who is in the least delicate should ever touch cold water for bathing purposes. In the case window daily and expressed their astonof a robust individual, the blood driven islament in the most mountful chatter from the surface of the body by cold tag. They are mostly sparrows at this under the ministrations of a brisk rub and a delightful glow is felt. But a weakly person, whose vital organs are seen to find the form the surface of the body by cold tag. They are mostly sparrows at this tinds and during the last year of his life could be kept going only by champage and opiates. The king of Holland of the ministrations of a brisk rub and a delightful glow is felt. But a weakly person, whose vital organs are weakly person, whose vital organs are socilty have received a very interesting start with. Since his second marriage, not sufficiently vigorous to send the addition to their already wonderful collaboration between the king of Holland has been addition to their already wonderful collaboration.

Agentler method of cold batking than the plungs, and a very good one, is to stand up in the tubusar agong as sponge over your head; a disadvantage of this plan is that it is rather too shivery to be comfortable. The kind of bath I usually advise, unless the patient is wealty, consists in going over the entire body, after getting up each morning, with a sporsible, the dry rup followed themselved and source of interest and company's physician would certify as having "first classlives."—Berlin Cor. New York Post, classlives. "Berlin Cor. New York Post, classlives."—Berlin Cor. New York Post, classlives. "Berlin Cor. New York Post, classlives."—Berlin Cor. New York Post, classlives. "Berlin Cor. New York Post, classlives."—Berlin Cor. New York Post, classlives, the patient is wealty, consists in going over the entire body, after getting up each morning, with a town when they can relieve the contains no point of the Alpins peak Brethorn, 13.785 test.

CANT SLEEP NIGHTS

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The state of the s

not sufficiently vigorous to send the blood swiftly back to the superficial blood vessels, fails to experience the health betokening reaction and is very apt to feel a faintness instead. However, there are mild ways of taking cold water baths which do very well in winter, as well as in summer, for those who are only moderately vigorous."

The new a sociation has already started an irritable invalid, admirably attended, between the final and savage and investigation which the discussion of the suffering grumbling, and now he from time to obtain living specific apt to feel a faintness instead. However, there are mild ways of taking cold water baths which do very well in winter, as well as in summer, for those who are only moderately vigorous."

The new a sociation has already started an irritable invalid, admirably attended, between the from time to obtain living specific incleed, by his young wife, but always alling, suffering, grumbling, and now he from time to obtain living specific incleed, by his young wife, but always alling, suffering, grumbling, and now he from time to obtain living specific incleed, by his young wife, but always alling, suffering, grumbling, and now he from time to obtain living specific incleed, by his young wife, but always alling, suffering, grumbling, and now he from time to obtain living specific incleed, by his young wife, but always alling, suffering grumbling, and now he from time to obtain living specific incleed, by his young wife, but always alling, suffering grumbling, and now he has talk full the discussion of the subject will involve, even if the result should be its own discomfiture.—Now York Tolegram.

The new a sociation has already started wheathed, incleed by healthful influence in the inquiry and investigation which the discussion of the bright young line and investigation which the discussion of the bright young line and investigation which the discussion of the bright young line and investigation which the discussion of the bright young line and investigation which

boys of the Grammar school, with the increase of insanity and kindred dis- ple, and when Irene returned to her watchwords, "Reverence, Kindness, sases, as well as the starding fact that Courage," and with the purpose of cultivating among themselves habits of kindness, as well as protecting from cruelty
whatever needed their care. It was

The new association has already started

"Such as what, doctors"
"The midiset process is simply to dip at 1 at 1 model and the kings portion of the body at a time, taking the parts successively—first an arm, then a leg, and so on until the ablation is completed, each part being rubbed dry before the next is moistened. In this way shock is avoided. For a reasonably strong person the best plan is to use a town strong per school hours and on holidays, and the "Boys' S. P. A." became a source of in-

comprising great numbers of schools.

In this work she was the pioneer in this country.

Encouraged by the principal and the directors of the Locust street schools, in 1874 she formed a society among the boys of the Grammar school with the increase of insulity and kindred discountry and when Irene returned to her increase of insulity and kindred discountry.

mane literature such as Longfellow's poem, "The Alarm Bell of Atri;" the banner, the color of which represented that branch, was hung up, new members were enrolled by the presentation of a badge, there was a short address, and books, papers and cards were distributed for home reading. This simple organization gradually extended with the sanction of teachers and directors and the "Skip Care at the drug store, used it."

Herbert Sperry, Aremont, In., into But the proverb as to the course of true love was once again exemplified. The clove was once again exemplified. The with the result state in the house for six weeks. He says:

"When I was able to get on my legs, I with the result that just as the lovers met they were intruded upon by some Indians who had followed Irene, and she was carried back to the reservation. But love overcomes all obstacles, and on Mon-Clarke's Extract of Flax (Papillon).

"Skip Care at the drug store, used it."

home on the Six Nations reservation,

ceeded in tying the nuptial knot, when the bride was once again seized and taken back. On Monday night, however, her friends seized her, brought her to Brantford, and delivered her to her husband, and on Tuesday they left for Montreal as happy'as two young turtle doves.

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